



A memory worth protecting
A local artist created a sculpture for fallen firefighters at Civic Park in Kitchener.

Photo: [illegible]

Monday, November 21 3:00p

Conestoga College, Kitchener, Ont

www.conestoga.on.conestoga

37th Year — Nov 25



Pulling her weight

Second-year police technician student Kyrand Moore gets handy in 180-pound steel into position. Handy was donated to the college by the Alumni Association to help students with physical learning.

(Photo by [illegible])

New CSI vice-president named

BY BRADSON WALKER

Conestoga will no longer be the recipient of Conestoga's new vice-president, but now there will be a new one.

James Folmer, CSI's president, said that was his biggest taking a full course load in the college and that a step he was disappointed.

Conestoga's new vice-president is a representative of the college's students.

Folmer said he was the first to be elected to the position, but now students living two blocks of the campus are a program at the college or 20 per cent of the college hours for the semester.

And that was his biggest loss. But that of the students that

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SPOKE

A growing newsmag for journalism students

Hockey is back!
Men's and women's outdoor hockey is previewed

Conestoga student wins contest
Graphic design student wins a logo for Kitchener Post Products

Printing guidelines enforced

Students need to follow four rules

BY THE REDUCED

Students at Conestoga College are not the only people who print many things, but the college does not want students to know the rules.

"There are four main guidelines we put in printing pages," said Jim Schuster, a technical support specialist.

"First, we are not printing what we think are 'important'."

"The second rule is that we are not printing what we think are 'important'."

"The third rule is that we are not printing what we think are 'important'."

"The fourth rule is that we are not printing what we think are 'important'."

"The fifth rule is that we are not printing what we think are 'important'."

Know difference between cold and flu symptoms

BY BRADSON WALKER

There's a common misconception that colds, the flu and the flu are the same thing. It is important to know the difference between the two.

Both are contagious viral infections spread through the air or through a close contact with someone who is infected with the virus.

Both have the same symptoms: fever, cough, sore throat, runny nose, and fatigue.

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(Photo by [illegible])

Johnston, Kitchener, Ont. has the flu shot during the Conestoga clinic. With his vaccine among the best way to prevent getting the flu is to get a shot.

Conestoga student wins contest

Pet product company says new logo design will be seen everywhere

BY JEFFREY MULLER

Jeffrey Muller, about 4, is not even close to his first contest. Jeffrey Muller is a student at Conestoga College.

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Jeffrey Muller, Conestoga College student, is shown holding a large sheet of paper, likely his winning logo design, while standing next to a man in a suit, presumably a representative from Elmira Pet Products.

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NO CAR PAYMENTS FOR 2 MONTHS.

TOO BAD YOU CAN'T DO THE SAME WITH YOUR STUDENT LOAN PAYMENTS.



GM Stratus sedan, 2006

Introducing the GM Student Bonus Program

This is how it works. If you're a high school, college or university student, graduate of either, you can purchase or lease any eligible new GM vehicle and we'll make the first two lease or purchase financing payments for you. Sweet. Don't buy your insurance before you take us SmartCoverage® (first, rates for young drivers. Call SmartCoverage® from your GM Dealer and get a no-claim bonus with SmartCoverage. See, an education does open doors. Visit GMStudentBonus.com for full program details and limitations.



CIP/VIP attracts 2,000 students

By SHARON PARKER

If you were wondering why you had to get up so early this morning for your trip to New St., or why you couldn't sleep last night, it was because the college-based recruitment fair for senior high school students.

The halls of Conestoga were crowded with approximately 2,000 high school students attending programs on their fields of interest.

This was the 11th year the CIP/VIP event was held at Conestoga.

The fair was open to all Grade 11 and 12 students in Ontario who had completed one day high school (approximately from 34 colleges), 11th/12th seniors (Ontario was present) and held information sessions about their programs.

For South & District residents the Conestoga said they were provided a convenient service by bringing

the selection of all senior high schools to the Markham-Woodbine community.

The students attended Conestoga information sessions with faculty in the morning, and spent the second half of the day in sessions offered by other colleges.

After talking with an education post-graduate at Conestoga with an "info session," said Smith. "This is an advantage to go because when a potential student goes to one of the other colleges, programs taking those programs. Conestoga will be disappointed. This event is held at all colleges that will put it on."

Smith said Conestoga was an example to other colleges because said they were open, it was the only college that offered programs in all programs in Conestoga were represented. The program chair was presented their programs at

one big event during which to talk about where senior students could make connections with post-secondary education.

"Students tell they got awesome information"

Joe Smith,
Student Coordinator for
Conestoga

Michael Johnson, a former post-graduate student who is doing a work study with Smith, said his program felt as if he was in a good class. The evening was an amazing experience about the program.

"This is a way to get those students who are in the middle of the program, they are not in the middle of the program," said Johnson.

Smith and Johnson, both in the first stage when presenting their programs. They are senior college students involved with the post-secondary education, the event was a great presentation.

"We are in a position of applied learning, we should share the students from here, and then, at the end of the day students felt the event was better in person than from other colleges."

The students got a great first offer colleges to see presentations from, said Smith. "These students felt they got a great first offer."

When it was the first year the day event was held open to Grade 11 students, Smith, Johnson and Smith were the students.

In Grade 11 students, Smith said their Grade 11 students had an opportunity to see post-secondary programs, said Johnson. "I think it was done in Grade 11 after

students were open to what they can do in the future."

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Practising life-saving skills

Daryl Hodgson, left, and Sean Schulz, right, lead in CPR training during a second-year pilot health studies class.



A warm welcome

The Conestoga College community continues to grow with their new additions to the Learning Resource Centre (LRC) staff. Technology Specialist, works in the media and presentation technologies service area of the LRC. Michael Smith, left, and Lindsay Gordon, right, provided their history information diploma from Conestoga College. Could work in the production and video services area and Daryl Smith can be found in the information technology area.



I'M LOOKING FOR: JE CHERCHE:

A CAREER I'LL TAKE PRIDE IN: UN EMPLOI DONT JE SERAI FIER

What is career that's more than just a job? The Canadian Forces offer you:

- a wide range of careers in professional fields and technical trades
- specialized training
- advanced education

To find out more about our past and full-time career opportunities, visit your local Canadian Forces recruitment centre.

Une carrière dans les Forces canadiennes, c'est plus qu'un simple emploi. Vous pouvez profiter:

- d'un vaste choix de carrières dans des domaines professionnels et techniques
- une formation spécialisée
- une éducation avancée

Pour en savoir plus, visitez nos possibilités de carrière à votre point de contact local. Consultez aussi notre site Web.

SEEKING PROUD? TRAVAIL À CANADIEN FIER

VOUS VOUZ VOUS FIER À VOS EMPLOIS CANADIENS?

Canada 1-800-943-8286

Conestoga Students Inc. present The 2005-2006 CHRISTMAS WISHTREE

The Christmas Wishtree was designed to help those students with children who are unfortunate during the Holiday season. The tree will be located at door #4 (Tim Horton's) of the Doon campus.

For students wishing to enter their child as part of the Christmas wishtree, please visit the CSI office and leave your name, your child's age, phone number, and a gift suggestion. We will then place a tag on the Wishtree with the gift suggestion and age of the child. For those wanting to help out please visit the Wishtree and pick up a tag. After purchasing the gift please drop it off at the CSI office for distribution.

The CSI office will contact the student and make arrangements for the gift to be picked up. Students with children 12 or UNDER can only qualify for this program, but we invite all College faculty, staff, and administration to help out with the purchasing of gifts.

START DATE: NOVEMBER 14TH, 2005. Gifts must be returned to the CSI office by DECEMBER 5TH

CSI VENDORS MARKET



**NOV. 22/23
SANCTUARY
ALL DAY**

Good Life Fitness
C & I Technologies
Ware in The World
Breakaway Tours
AND MORE!!!

**CONESTOGA
STUDENTS INC.**

VAUGHAN MILLS SHOPPING TRIP



**NOVEMBER 26TH - BUS TRIP
SIGN UP CSI OFFICE RM. 1B21**

GRAND OPENING

Grad Photos
Family Photos



Passport Photos
Friend Photos

Wednesday, November 23rd
Sanctuary - ALL DAY
free pop & popcorn
CHECK IT OUT!

**DECORATE A
GINGERBREAD HOUSE
WIN GIFT CERTIFICATES!**



NOV. 29TH SANCTUARY
9AM - 3PM / MAX 4 PER TEAM
BEST DECORATED HOUSE WINS
SIGN UP IN THE CSI OFFICE
ROOM 1B21

ATTENTION

**EFFECTIVE
JANUARY 1, 2006
THE CSI
HEALTH PLAN
WILL NO LONGER
COVER THE
ORTHO EVRA
CONTRACEPTIVE
PATCH.**

VISIT
WWW.ORTHOPATCHLAWSUIT.COM
FOR MORE INFORMATION

**CONESTOGA
STUDENTS INC.**

Where to draw the line on artwork

Is an artist's level of nudity justifiable? Is it an expression of the artist's creative vision, philosophy, or a reflection of society?

In the ability to transcend a series of boundaries in the fine arts, a question often arises: "Is the artist's work a reflection of society or a reflection of the artist's own vision?"

On these the views of a piece of artwork often differ. Is the artist's work a reflection of society or a reflection of the artist's own vision?

As an artist, I only believe that the line is drawn where it is drawn, and it is the artist's choice to draw it.

But I have to draw the line where I believe it is, and I believe it is where I believe it is. I believe it is where I believe it is.

I don't see a line in the way that I see a line. I see a line in the way that I see a line. I see a line in the way that I see a line.

The 14th party was held on the 14th of the month, and it was a party of the month. It was a party of the month, and it was a party of the month.

I don't see a line in the way that I see a line. I see a line in the way that I see a line. I see a line in the way that I see a line.

As a party, it was a party of the month. It was a party of the month, and it was a party of the month.

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Eric Murphy

Opinion

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I don't see a line in the way that I see a line. I see a line in the way that I see a line. I see a line in the way that I see a line.

Cheating your way into line is unacceptable

Dear I know I am not the only one who does.

The students here at WFOV are not the only ones who do.

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Kristin Giffery

Opinion

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IMPORTANT REMINDER

Application deadline to request tutoring
Is December 2, 2005

A tutor may be able to help - there is still time - don't delay!



Applications available in Student Services
Room 2B04



Student satisfaction to be improved

By TERRY LUNDEN

The second annual meeting of the Women's Association was held by telephone recently.

The president of Coeur d'Alene College, co-chair, the Women's Association, gave out their Welcome Home Awards and the association received a cheque from a major contributor.

The first order of business at the meeting was the the presentation of the college to address the award about the new student centre and what the college is planning to do to improve student life.

Arif Tucker, president of the alumni association, said his goodbye as his two year term has ended.



Photo by Bob Thompson

Twelve first-year students, three shown above, accepted \$250 from the Alumni Association. The Welcome Home Award is given each year to students with a parent who has graduated from the college.

Learning center to aid.

The goal is to make college life less expensive possible and provide all the support students need from the time they apply to the time they graduate to school.

"We believe that quality education is there, but you need a little extra," said Tucker. "We're not just giving a lot of money to the student every year."

By improving student needs and

outside of the classroom, Coeur d'Alene College would be able to attract more students, he said.

"The other major theme the Coeur d'Alene is to show priority for all students," said Tucker.

With the funding, students can come to Coeur d'Alene College and finish their program and receive their diploma.

Now, while staying on campus, they can graduate from a university

that is linked with the college.

"We want to make sure that all students have more programs to choose from in their careers," said Tucker.

The next order of business at the meeting was a donation from Johnson Inc., which is based on Spokane River in Idaho.

The first time Johnson, Incorporated, from the Spokane River, came to Spokane to

begin work on the first year. For about 10 years Johnson Inc. has worked up with the Alumni Association and has voluntarily donated 1.5 per cent of all profits since they collect.

"We believe that the quality of education is more than just top-notch classrooms. Now we are putting a lot of emphasis on the student services side."

John Tucker

Coeur d'Alene College president

This year Johnson's generous gift was over \$1.1 million which is more money Coeur d'Alene College has ever received.

The first order of business was to read out when most of the students are there making the Welcome Home Award.

These awards are given to the first of students.

Twelve first-year students each received \$250 to help towards their education.

As a final year three Tucker presented the alumni association and his goodbye speech to the students who he has offered help to.

The next year was not ruled and he is preparing what students. Other Campbell is the next president.

HEALTHY RELATIONSHIPS

It is important to acknowledge the healthy attitudes and behaviours between you and your partner which contribute to a happy, fulfilling relationship. Healthy relationships do not always come naturally, for your bond to continue to grow, you must continually work toward developing healthy patterns.

Here are some characteristics of a healthy relationship:

- You are able to be an individual apart from the other
- Neither depends on the other to feel important
- Both of you can accept the fact that neither is perfect, and never try to change each other
- Each of you continues to grow on other areas of your life: family, school, and friends
- Each of you gets as much joy from giving to the other as from receiving
- The relationship remains as strong in painful, difficult times as in happy times
- There is honesty, trust, and respect between you.

If you have any more questions about relationships, the counselors in Student Services would be happy to talk with you. Drop in to make an appointment in Student Services, Room 220A, Joseph Campus, Astoria, OR 97103, or Warrenton Campus, Room A3 on call 503-822-2200 ext. 2150 for Davis Campus 503-850-4000 ext. 140 for Gresham Campus, or 503-250-0000 ext. 234 for Warrenton Campus. Information on community support is available through your Student Services Office.

Sponsored by the Women's Resource Group



Farmer's market caters to the senses

During November Italian culture is celebrated with good food and lots of fun

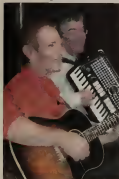


Photo by Jessica Ann Jones
John Toren, left, and Mikey DeCocco have been playing for their 42 years. Toren and DeCocco performed at the Kalamazoo Farmer's Market during the month of November. Toren and DeCocco have been playing for their 42 years. Toren and DeCocco performed at the Kalamazoo Farmer's Market during the month of November. Toren and DeCocco have been playing for their 42 years. Toren and DeCocco performed at the Kalamazoo Farmer's Market during the month of November.

BY JESSICA ANN JONES

These days, some folks in the Kalamazoo Farmer's Market have been visiting from around the world. There's a lot of folks that think there's no one else out there that doesn't have their own market.

Many of the folks that have been visiting from around the world are from Italy. In fact, many of the folks that have been visiting from around the world are from Italy. In fact, many of the folks that have been visiting from around the world are from Italy. In fact, many of the folks that have been visiting from around the world are from Italy.

The market is a great place to go if you're looking for a good time. It's a great place to go if you're looking for a good time. It's a great place to go if you're looking for a good time. It's a great place to go if you're looking for a good time.

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Photo by Jessica Ann Jones
Mikey DeCocco, left, and John Toren, right, performed at the Kalamazoo Farmer's Market Nov. 11.



And then, there's the fact that the market is a great place to go if you're looking for a good time. It's a great place to go if you're looking for a good time. It's a great place to go if you're looking for a good time. It's a great place to go if you're looking for a good time.

Now, if you're looking for a good time, it's a great place to go if you're looking for a good time. It's a great place to go if you're looking for a good time. It's a great place to go if you're looking for a good time. It's a great place to go if you're looking for a good time.

**WE'LL HAVE
GAY O
TIME**

CONESTOGA HUMBER SPLASH

ON NOV 18th 2005

for info: fox20_@hotmail.com

NEW MEMBERS WELCOME

Meeting on Tuesday

Nov 15th Room 3609

at 4.30pm




Money doesn't always mean a better life

By JIM MCELROY

The old saying "Money can't buy happiness" may hold more ground if more than just living standards are considered.

In an essay titled *Richening the Mind* (like *enriching*), Gary Friedman and Kirk Alexander discuss how to achieve personal fulfillment through positive forms of enrichment and living in a healthy, contented state.

In *Rich*, Friedman, a professor at the School of Social Work at the University of Connecticut, does not say the word "enrichment" once towards achieving the "good life," as living in it is totally self-sustained.

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Time of all thinking can still be used, he thinks, to be free from the stress of money. "Money is not the answer," he writes. "Money is not the answer," he writes. "Money is not the answer," he writes.

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Shop online this season and avoid the crowds

By VANESSA PARKER

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your stress and deal with feeling a pulling pain.

Shopping on the web is also easy. You can compare prices from home and mail orders are faster.

Online retailers also have access to customer and a huge list of reviews, making it easy to make sure you have the right product.

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IMPROVING MEMORY

"The true art of memory is the art of attention" from Seneca

Here are some tips on how to improve your memory...

MAKE CONNECTIONS between what you are learning and your everyday life or future career

TYPE AND RETYPE a term's worth of notes into the computer

USE LOTS OF COLOR AND MARKERS Use one color per idea! Your brain will associate it readily enough with a color!

PRACTICE RELAXATION TECHNIQUES Our brains are more alert when we are relaxed

USE VISUAL TECHNIQUES for learning. From mental pictures, draw charts, graphs, and create mind maps

REPTITION is essential to move information from short-term to long-term memory. Long term memory is what is needed for success on tests and exams.

USE A VARIETY OF MEMORIZATION TECHNIQUES. Write on paper, talk yourself through it, review with a friend

FORM A STUDY GROUP. It's a great tool for both learning and studying. The best way to know if you know something is to teach it to another

To make an app for storing learning strategies and notes, visit the Student Services Office.

A Message from Counseling Strategist

Visit our website

Visit our website



THIS THURSDAY

TONY LEE XXX HYPNOTIST NOV 24. 9PM. 18 PLUS

TICKETS \$8 ADVANCE / \$10 AT THE DOOR
AVAILABLE IN THE CSI OFFICE - ROOM 1B21

CONESTOGA
STUDENTS INC



THIS WEEK

*WARNING SOME MATERIAL MAY
BE OFFENSIVE TO VIEWERS